

**SOUTHWESTERN CT AGENCY ON AGING
FY 2025 GRANTEES
COMMUNITY PROGRAMS AND SERVICES
For Older Adults 60 and Over**

*Click on the organization's name to be directed to their website

Adult Day Centers

[ElderHouse, Inc.](#)

Adult Day for Low-Income Older Adults

Contact: Julia Schwartz-Leeper

Phone: 203 847-1998

Participants are engaged in a variety of physical and cognitively stimulating activities while supported by professional staff. Personal care services are integrated into their day so that they can continue to enjoy social activities. Toileting, assistance with food and bathing. Hair dressing and podiatry are also available, as needed. This program allows for additional days if the client and/or family are in need of the consistency, stability and supervision that ElderHouse provides.

[Mozaic Senior Life](#)

Mozaic Adult Day Program

Contact: Laura Snow Robinson

Phone: 203-365-6469

A certified medical model adult day program for older adults who are physically, cognitively or emotionally frail and often unable to remain alone during the day. Services include nursing care, case management, personal care, recreation, USDA compliant meals and snacks, rehabilitation services, specialized dementia care, caregiver support groups and escorted wheelchair transportation.

[Mozaic Senior Life](#)

Memory Workshop

Contact: David Magner

Phone: 203-396-1021

A unique weekly peer-to-peer support program for individuals who are experiencing changes in memory and/or, have a diagnosis of Mild Cognitive Impairment or early-stage Dementia and are independent in personal care needs. Care partners are critical to each participant and also supported by the program by helping them understand cognitive impairment and dementia, that they might begin to understand the next steps.

[River House Adult Day Center](#)

River House Adult Day Center Title III B Program

Contact: Diandria Hernandez

Phone: 203-622-0079

Individuals will participate in social activities including therapeutic recreation, exercise, nutritious meals shared with friends, transportation, and compassionate nursing care. This will

improve their quality of life and reduce the risks associated with social isolation, which include dementia, falling, dehydration, and others. Clients' caregivers and family members benefit from respite from their daily caregiving responsibilities and peace of mind.

Caregiver Support Services

Fairfield County House

Senior Access Fund and Education

Contact: Julia Portale

Phone: 203-921-6405

Provides temporary respite care including room and board, 24/7 nursing services, and coordinated activities and care planning with their hospice and home care team. Potential residents will be screened for eligibility and may receive reductions or waivers of the full daily rate.

ElderHouse, Inc.

Caregiver Support Services

Contact: Julia Schwartz-Leeper

Phone: 203 847-1998

Provides caregivers with the tools they need in order to maintain their loved ones at home, in a safe and stimulating environment. ElderHouse will supply specific Information and Assistance around caregiver planning and resources so that caregivers are knowledgeable and can access services. Caregiver Counseling by licensed, experienced, Geriatric Masters Level Social Workers with decades of experience in caring for older adults in the community will be provided as well as support groups for both spouses and children caring for their loved ones.

Family & Children's Agency

Case management and Wraparound Support

Contact: Ligia Masilamani

Phone: 203- 855-8765

Provides services to caregiving family members. Benefits education and information/assistance ensures that caregivers have access to health, wellness, and preventative services that will support their work and improve quality of life for vulnerable seniors. To help caregivers navigate complex systems, staff provide case management follow-up to ensure referrals are enacted. Case management also provides referral to community resources.

Hall Senior Center

Family Caregiver Support

Contact: Cheryl Delaney

Phone: 203-345-2045

Assists family caregivers with information and assistance to continue to ensure that the client and the caregivers needs are being met by determining what their needs are and then providing solutions available to them within their community. The Senior Center manager will meet with the caregivers to assess problems and capacities, provide connections to available opportunities and services and follow-up with caregivers to ensure that they have received the recommended services.

Town of Monroe

Caregiver Assistance

Contact: Kimberly A. Cassia

Phone: 203-452-2815 ext. 4

Services for caregivers to keep their loved one safe at home, so they can achieve maximum independence, dignity and maintain their quality of life. Caregivers are linked to available opportunities, programs and resources. Staff monitor and follow-up to ensure that needed services are in place and continue an open dialogue with the caregiver until matters are resolved. Information sessions are held monthly to educate and support caregivers.

Town of Trumbull

Caregiver Services

Contact: Michele Jakab

Phone: 203-452-5144

A wide range of supports to caregivers as they face challenges in their caregiving role. Outreach provided to identify caregivers and offer them assistance, referral services and emotional support; including referrals to licensed clinicians employed in the town. In addition, monthly seminars are provided for caregivers and their loved ones to attend.

Westport Center for Senior Activities

Caregiver Support Group

Contact: Holly Betts

Phone: 203-341-5099

Caregiver support counseling group for caregivers caring for an older individual, a child under age 18, or an adult child aged 18 to 59 years of age with a disability. A counselor/facilitator will lead two sessions a month, held in-house and offered simultaneously on Zoom. There are also two social gatherings during the year.

Friendly Visiting

Family Centers

Friendly Connections

Contact: Karissa L. Payero

Phone: 203-684-5310

Supports isolated, lonely, and/or homebound Fairfield County seniors. The program alleviates isolation by utilizing trained volunteers and master's-level interns called "Friendly Visitors." Friendly Visitors provide phone and video calls and home visiting and support clients navigating "end-of-life" issues, including mental health challenges or loss. They provide case management, counseling, crisis management, social-emotional support, referrals, and information and assistance. Participants complete an initial application and assessment and are carefully matched to their Friendly Visitors, building meaningful connections.

Food and Shopping Services

Cardinal Shehan Center

Senior Cooking Club

Contact: Katherine O'Hara

Phone: 203-336-4468

Older adults will be transported to the Cardinal Shehan Center for cooking lessons on cultural dishes, baking, and healthy meals focusing on nutrition. This hands-on course will meet once per week for five weeks and engage older adults in the art of cooking. It will be nutritious, delicious, and fun!

Family & Children's Agency

Assisted Transportation & Shopping

Contact: Ligia Masilamani

Phone: 203- 831-2900

Keeps older adults connected to services and support in the community so they can live independently. FCA's caregivers drive seniors to doctor's offices, grocery stores, socialization events and other activities that require vehicular transportation. A unique element to FCA's Assisted Transportation is that caregivers escort clients and remain with them throughout the entire service, providing assistance, guidance, and companionship.

Jewish Family Services of Greenwich

Supermarketing for Seniors

Contact: Geoffrey Anderson

Phone: 203-622-1881

A free non-discriminatory grocery shopping and case monitoring program. Shoppers assist homebound elderly Greenwich residents to: Exercise self-determination in selection of food from local vendors; provide access to the community's extensive network of services for seniors; and monitor the clients' food, social, emotional, and physical wellbeing.

Sterling House Community Center

Seniors Home Delivery Program

Contact: John Chamberlain

Phone: 203-378-2606 X 106

Provides seniors with deliveries twice a month and phone calls to check on their needs which serves as a wellness check and opportunity to assist the seniors with accessing other services.

Health Services

Community Health Center Inc.

Senior Dental Program

Contact: Adriann Bautista

Locations: 49 Day Street, Norwalk- 203-854-9292
and 22 Fifth Street, Stamford- 203-323-8140

Provides a full-service dental program for seniors aged 60 and older at its Stamford and Norwalk dental sites. All participants will receive a dental exam, oral cancer screenings, x-rays, and cleaning. A treatment plan will be created at the time of the exam and units are assigned for each patient. All dental services are delivered which may consist of restorations, extractions, root canals, bridges, crowns, partials, and/or dentures.

Fairfield University School of Nursing

Health Promotion: Fall Prevention

Contact: Jessica Alicea-Planas

Phone: 203-254-4000, ext. 2738

A Matter of Balance © (MOB) is a highest tier evidence-based program (National Council on Aging, 2022) designed to reduce the fear of falling and increase activity levels among older adults. The program will be given at 10 community-partner sites to 10 participants at each site; 1 program will be bilingual in Spanish and English and facilitated by Fairfield University Nursing students.

Family Centers

Geriatric Mental Health Counseling

Contact: Karissa Payero

Phone: 203-684-5310

Offers treatment, including medication management, to individuals and families living in the greater lower Fairfield County area. Services are provided to all regardless of insurance status. The program's psychotherapy and counseling capabilities address trauma, grief, and bereavement, persistent sadness and depression consuming worry and anxiety disorders, poor adjustment to academic and work demands, domestic violence, parent-child conflicts, and marital strain and discord.

Mozaic Senior Life

Center for Elder Abuse Prevention

Contact: Laura Snow Robinson

Phone: 203-365-6403

Activities to increase public awareness of elder abuse and disseminate knowledge that may help in preventing and/or reporting instances of elder abuse. These activities include education and outreach to the general community, seniors and professionals, in the form of presentations, seminars, pamphlets, radio and television appearances, articles and newsletters.

Monitor My Health

Healthy Senior 2025

Contact: Dana Wade

Phone: (203) 710-5519

A Lifestyle Care Program to 30 older adults at an increased risk for developing type 2 diabetes and heart disease. This initiative, recognized by the CDC, has demonstrated remarkable efficacy in helping older adults mitigate their risks of developing type 2 diabetes and heart disease, with a risk reduction of 71%. The service consists of health education led by a CDC-certified lifestyle coach on nutrition, physical activity, stress management, quality sleep, behavioral modification, and achieving and maintaining a healthy weight.

[Norwalk Senior Center](#)

Tai Chi Moving for Better Balance Enhance Fitness

Contact: Beatrix Lane

Phone: 203-814-3620

Tai Chi classes are offered 2 times per week and Enhance Fitness classes are offered 3 times per week. Classes are designed to build balance, endurance, flexibility & strength in older adults. Classes are led by certified instructors.

[Stamford Senior Center](#)

Kinima Fit for Seniors

Contact: Christina Crain

Phone: 203-977-5238

KINIMA.fit offers highly engaging exercise, incorporating a vast array of fitness content. Seniors can view themselves on a large screen with color-coded visual feedback, self-guided or supervised, and in a group or individual setting. The station consists of a large interactive screen powered by 3D technology. The content has expanded to include a vast array of physical activity offerings including: Tai Chi, Zumba, cardio, strength and stretch done with and without weights, both performed seated and standing with flexible durations. Breathing and meditation are included.

[The University of Bridgeport](#)

Senior Smiles

Contact: Maria Gomes

Phone: 203-576-4668

Serves older individuals with low income throughout the greater Bridgeport area. A Fones School dental hygienist assesses, gathers information (x-rays, photos, intraoral scans, etc.) and provides appropriate preventive care and education to patients. Individual care plans are created for each patient. Services include basic dentistry, denture prep, and dentures (partials and full, including preparation). Each senior will receive an initial screening visit of approximately one hour. Participation and services following the initial visit will depend on individual needs.

[Westport Center for Senior Activities](#)

Recreation for Mind Muscle and Body

Contact: Holly Betts

Phone: 203-341-5099

The Tech Fit for Fitness program is designed for seniors who want a more challenging strength and balance program. Senior-appropriate internet videos are used to teach the different exercises designed to strengthen the core, increase flexibility, and improve balance. The program will use a laptop and large-screen television or projector to bring personal training and fitness instruction in various exercise forms. **The Mind and Muscle Hour program** is designed for seniors who want a gentle focus on core and balance while exercising their brains to keep their cognitive skills sharp. Participants will enjoy physical and mental exercise while having fun sharing laughs and making new friends and connections. Mind and Muscle Hour is the creation of fitness instructor Patty Kondub. Patty designed this social-based brain and exercise training program to help improve the speed of thinking, short- and long-term memory, and the seniors' physical condition.

Legal Services

CT Legal Services

Legal Services for the Elderly

Contact: Kevin Brophy

Phone: 203-721-8550

Provides a full range of legal assistance to seniors to help them address the complex legal issues that negatively impact their lives. Services include access to medical care, access or preserve urgently needed subsistence benefits, preserve housing, create health care directives and Powers of Attorney, fight against consumer fraud, overcome financial abuse and exploitation, and help enforce overall rights.

Connecticut Fair Housing Center

Legal Assistance Initiative

Contact: Shannon Perkins

Phone: 860-263-0728

Legal office hour sessions (hosted twice monthly) providing advice and counseling on fair housing, eviction, and/or foreclosure issues, advocacy and representation (i.e., addressing fair housing issues, providing foreclosure prevention services, investigating complaints, providing legal advice, making referrals, and advocating for consumer rights protections), and developing digital educational outreach materials.

Elderly Nutrition Program

Catholic Charities of Fairfield County

Congregate & Home Delivered Meals in the Greater Norwalk & Stamford Area

Contact: Maureen Neuberger

Phone: 203-324-6175

Congregate meals served at community sites and meals delivered to homebound seniors aged 60 and older. Nutrition Education and Nutrition Counseling is also available individually and in a group setting.

Norwalk Sites:

Broad River Homes, 108 New Canaan Avenue

The Marvin, 60 Gregory BLVD.

Norwalk Senior Center, 11 Allen Road

Stamford Sites:

Stamford Senior Center, 888 Washington BLVD

Jewish Community Center (Kosher), 1035 Newfield Avenue

Over 60 Club, 628 Main Street

Greenwich Site:

Hill House, 8 Riverside Avenue

Westport Site:

Westport Center for Senior Activities, 21 Imperial Avenue

[RW Solutions](#)

Congregate & Home Delivered Meals in the Greater Bridgeport Area

Contact: Laura Palmieri

Phone: 203-332-3264

Congregate meals served at community sites and meals delivered to homebound seniors aged 60 and older. Nutrition Education and Nutrition Counseling is also available individually and in a group setting.

Bridgeport Sites:

Bridgeport Elderly Apartments, 2400 North Avenue
East Side Senior Center, 268 Putnam Street
Eisenhower Senior Center, 307 Golden Hill Street
Hall Neighborhood House, 52 George E. Pipkins Way

Stratford Site:

Baldwin Senior Center, 1000 West Broad Street

Fairfield Site:

Bigelow Center for Senior Activities, 100 Mona Terrace

Trumbull Site:

Trumbull Senior Center, 23 Priscilla Place

Monroe Sites:

Senior Dine Program: Bills-Drive-In Restaurant, 431 Monroe Turnpike
Monroe Senior Center, 235 Cutler's Farm Road

Senior Centers and Senior Programs

[Bridge House](#)

STEP IT UP

Contact: Maureen Cuda

Phone: 203-335-5339

Services around dietary and nutritional education, and activities that will boost physical endurance and support for those members who are isolated. Step It Up will implement wellness competencies along with maintaining connections to members who are isolated at home and in short/long term facilities.

[Bridgeport Department on Aging](#)

Senior Center Recreation Activities

Contact: Marie Heller

Phone: 203-576-7201

Provides weekly recreational activities at three Bridgeport senior centers including painting, line dancing, Tai-Chi, and exercise classes.

[Hall Senior Center](#)

Senior Center Use

Contact: Cheryl Delaney

Phone: 203-345-2045

The center offers group socialization through regularly scheduled activities including nutritious continental breakfast and hot luncheons daily, dominos, bingo, dancing and singing. Partnerships with area businesses provide presentations on identity theft and fraud, prescription drug safety, tai chi and therapeutic arts and crafts. Health & wellness programs are held weekly.

Town of Monroe

Monroe Programs

Contact: Kimberly Cassia

Phone: 204-452-2815 ext. 4

Monroe Programs incorporates a transportation service that offers financial security and independence as the senior receives rides for a variety of appointments. The Recreation component offers a variety of programs to fulfill various needs including physical, emotional, cognitive, social, and spiritual stimulation, creativity, well-being and fun in a social open environment. Chore service helps struggling seniors who need help inside and around their homes to maintain a safe environment, promote independence and quality of life, while using a vetted vendor and maintain financial security.

Norwalk Senior Center

Vital Services

Contact: Beatrix Lane

Phone: 203-299-1500

Staff members will provide seniors 60+ with current information on opportunities and services available in their community such as: assistive technology, behavioral health, benefits, citizenship, exercise, fall prevention, financial assistance, food, housing, legal services & transportation. Seniors are linked to available opportunities and services and staff follow up to ensure said opportunities and services are rendered. The bilingual Activity Coordinator and Volunteer provide seniors with language translation to reduce barriers in communications to assist in the social functioning of participants who do not speak English.

Over 60 Club Inc.

Over 60 Senior Neighborhood

Contact: Betty McOsker

Phone: 203-316-9335

628 Main Street, Stamford

Provides Easy Access and CT Transit bus passes that enable members and other seniors in the community to attend the meal site and activities at the Over 60 Club and use for medical appointments, shopping and other needs. Weekly exercise classes are held including line dance, Chair Yoga, general exercise, Tai Chi and Zumba gold. Informational programs, blood pressure screenings and distribution of donated groceries are also provided.

Stamford Senior Center

Senior Hispanic Club

Contact: Christina Crain

Phone: 203-977-5238

The Hispanic Club runs Mondays through Fridays from 9:00 am to 3:00 pm providing social, educational, health & wellness programs and information and assistance to the greater Stamford

senior Hispanic community. Programs include ESL classes, exercise classes, music, sewing and art classes. Monthly educational lectures are provided on a variety of topics as well as recreational programs. Multi-cultural trips are offered throughout the year to give members the opportunity to experience the arts, theatre, and nature programs.

Town of Stratford

Senior Connection

Contact: Tamara Trojanowski

Phone: 203-385-4050

Provides therapeutic recreational activities and outreach to older adults who are isolated, home-bound and/or disengaged. Activities support health and wellness, reduce social isolation and encourage use of services and benefits. Individualized follow-up by phone and through home-visiting is provided. Recreational activities are facilitated at Baldwin Center, with recently renovated program and office space.

Support Services

Bridgeport Department on Aging

Elderly Hispanic Outreach Program

Contact: Marie Heller

Phone: 203-576-7201

The Elderly Hispanic Outreach Program strives to enhance the quality-of-life and self-sufficiency of Bridgeport seniors with limited English proficiency. The program offers bi-lingual information and assistance services, as well as benefit education sessions, to low-income, Hispanic seniors aged 60+ in Bridgeport. The Elderly Hispanic Outreach Program also assists seniors through one-on-one counseling and group sessions.

SilverSource, Inc.

SilverSource Case Management

Contact: Alison Heim

Phone: 203-324-6584

Case management includes a thorough intake procedure with assessment of need and vulnerability. A care plan is developed with the client which may include providing immediate financial assistance, applications for programs and benefits, budget counseling, liaising with other family members and/or community partners, and referrals to outside agencies where appropriate.

Jewish Family Service of Stamford

Schoke JFS Senior Support Program

Contact: Hannah Pollack

Phone: 203-921-4161

Clients aged 60+ will be provided with Language Translation, specifically in Russian and Spanish. Staff will provide Case Management services to older adults with referrals and advocacy to appropriate community partners.

[Wheel it Forward](#)

Wheel it Forward

Contact: Elliot Sloyer

Phone: 203-652-8600

A community lending library for durable medical equipment like wheelchairs, hospital beds, walkers etc. Equipment is provided free of charge. Individuals can access the website, complete a liability release form, check the inventory, and reserve what is needed. When finished items are returned.

Transportation Services

[Family & Children's Agency](#)

Assisted Transportation & Shopping Services

Contact: Ligia Masilamani

Phone: 203- 831-2900

Keeps older adults connected to services and supports in the community so they can live independently. FCA's caregivers drive seniors to doctor's offices, grocery stores, socialization events, and other activities that require vehicular transportation. A unique element to FCA's Assisted Transportation is that caregivers escort clients and remain with them throughout the entire service, providing assistance, guidance and companionship.

[SilverSource, Inc.](#)

SilverSource Ride to Wellness Medical Transportation Program

Contact: Alison Heim

Phone: 203-324-6584

Provides older residents cost-free, safe, and reliable rides to and from medical appointments, increasing access to healthcare, preserving the limited incomes of seniors who struggle financially, promoting health and well-being, and helping older residents to age in place.

[Town of Monroe](#)

Monroe Programs

Contact: Kimberly Cassia

Phone: 204-452-2815 ext. 4

Monroe Programs incorporates a transportation service that offers financial security and independence as the senior receives rides for a variety of appointments. The Recreation component offers a variety of programs to fulfill various needs including physical, emotional, cognitive, social and spiritual stimulation, creativity, well-being and fun in a social open environment. Chore service helps struggling seniors who need help inside and around their homes to maintain a safe environment, promote independence and quality of life, while using a vetted vendor and maintain financial security.